

# Sweet Potato Toast

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Makes 3 servings  
Serving: 1 Sweet Potato Toast  
Protein per serving: 1.3 g  
Calories per serving: 76



## Ingredients:

- 220 g. Raw Sweet Potato
- 3 tsp. Violife Just Like Cream Cheese—Original
- 1 berry, strawberry, fresh, medium, diced

## Directions:

1. Slice sweet potato into three slices longways. Each slice should be between 1/4 to 1/2 inch wide.
2. **Toaster:** Place each slice in the toaster. Set toaster to high setting and start toaster. You want the toast to be fork tender, but not too crispy. Carefully remove from toaster to a plate and allow to cool a few minutes.

**Oven:** Preheat oven to 350 degrees. Line a baking sheet with foil and spray with cooking spray. Place sliced sweet potatoes on baking tray and bake for 15-20 minutes until fork tender. Carefully remove from oven and allow to cool a few minutes.

3. Spread 1 tsp of the cream cheese on each toast. Top with sliced strawberries. You can also top with chopped fresh mint for added flavor, but optional.

## Notes

This is just one of many options for the toast.

Others:

- Cookie butter with broken GF Pretzels
- Season with salt, pepper, Italian seasoning and top with nondairy cheese LP scrambled eggs and crumbled vegan bacon